

# *Quick Breads And Cereals*



TEXAS A&M UNIVERSITY

College Station, Texas

TEXAS AGRICULTURAL EXTENSION SERVICE

J. E. Hutchison, Director



# Contents

## 3 *Quick Bread Recipes*

- 3 Standard Baking Powder Biscuits
- 3 Biscuits Supreme
- 3 Sour Milk Biscuits
- 5 Drop Biscuits
- 5 Cheese Biscuits
- 5 Nut Biscuits
- 5 Orange Biscuits
- 5 Bread Muffins
- 5 Fruit Muffins
- 5 Whole Wheat Muffins
- 5 Nut Muffins
- 5 Breakfast Muffins
- 5 Oatmeal Muffins
- 5 Bran Muffins
- 5 Sweet Milk Hot Cakes
- 5 Favorite Waffles
- 5 Popovers
- 5 Quick Coffee Cake with Topping
- 5 Apple Coffee Cake

## 6 *Other Quick Breads*

- 6 Shortcake Biscuits
- 6 Yorkshire Pudding
- 6 Sally Lunn
- 6 Scotch Scones

## 6 *Quick Breads Made with Corn Meal*

- 6 Mexican Corn Bread
- 6 Fried Corn Sticks
- 6 Corn Pone
- 6 Sour Milk Corn Bread (with Flour)
- 6 Sour Milk Corn Bread (without Flour)
- 7 Sweet Milk Corn Bread
- 7 Spoon Corn Bread
- 7 Hush Puppies
- 7 Corn Bread Ring

## 7 *Homemade Mixes*

- 8 Master Mix Recipes
- 8 Biscuits
- 8 Muffins
- 8 Corn Bread
- 8 Hot Cakes or Waffles
- 8 Nut Bread
- 8 Corn Meal Mix
- 8 Corn Meal Muffins
- 9 Cheese Corn Meal Muffins

- 9 Orange Corn Meal Muffins
- 9 Caraway Muffins
- 9 Jalapena Corn Bread

## 9 *Quick Loaf Breads*

- 9 White Nut Loaf
- 9 Irish Soda Bread
- 9 Caraway Cheese Bread
- 9 Banana Nut Bread
- 10 Prune Bread
- 10 Banana Corn Meal Loaf
- 10 Raisin Oatmeal Bread
- 10 Apricot Bread
- 11 Orange Nut Bread
- 11 Peanut Butter Bread
- 11 Lemon Poppy Seed Bread

## 11 *Steamed Quick Breads*

- 11 Steamed Boston Brown Bread
- 11 Steamed Peanut Butter Date Bread

## 11 *Canned Quick Breads*

## 11 *Using Prepared Breads*

- 11 Cherry Kolaches
- 12 Fruit Whirls
- 12 Puff Ball Coffee Cake
- 12 Crusty Bread Sticks
- 12 Deluxe French Toast

## 12 *Recipes Using Grits*

- 12 Boiled Grits
- 13 Quick Grits
- 13 Fried Grits
- 13 Grits Muffins
- 13 Cheese-Grits Casserole

## 13 *Recipes Using Rolled Oats Mix*

- 13 Rolled Oats Mix
- 13 Oatmeal Biscuits
- 13 Oatmeal Muffins
- 13 Oatmeal Cookies

## 13 *Other Oatmeal Recipes*

- 13 Oatmeal Hurryups
- 13 Scotch Oatcakes
- 13 Oaten Bread
- 14 Butterscotch Oat Crisps

## 14 *Rice*

- 15 Cooked Rice
- 15 Rice Pan Cakes
- 15 Rice Muffins
- 15 Southern Rice Spoon Bread



# QUICK BREADS AND CEREALS

Extension Foods and Nutrition Specialists  
Texas A&M University

**B**READS AND CEREALS are an important part of a well-balanced American diet. Prominent among such foods are the flours, meals and other products processed from the basic grains—corn, oats, wheat, rice and barley.

These foods include breads, cooked cereals, ready-to-eat cereals, cornmeal, crackers, flour, grits, macaroni and spaghetti, noodles, rice, rolled oats and other baked goods made with whole grain or enriched flour.

## Bread and Cereal Enrichment

The nutritive value of whole grain is retained in some flours and meal and replaced in others by enrichment of essential nutrients. Grain enrichment restores the important B vitamins—thiamine, riboflavin, niacin and iron that are lost when the bran and germ are removed from the kernel during milling.

Texas law requires that wheat flour and cornmeal be enriched. Whole grain enrichment is not required. Read the labels on cereal products for statements about enrichment.

An enriched bread or cereal product is a better buy both nutritionally and economically. Read the directions on the package label for cooking cereals. If enriched cereals, such as rice and grits, are washed before cooking, valuable nutrients are lost.

## Nutritive Value in the Diet

Four servings of bread and cereal provide at least one-third of the daily caloric intake and one-third of daily protein requirements. Breads and cereals also contain the important B vitamins. *Thiamine* helps promote normal appetite and good digestion, keeps a healthy nervous system and releases energy from food. *Riboflavin* helps cells use oxygen and keeps skin, tongue and lips normal. *Niacin* helps keep the nervous system, skin, mouth, tongue and digestive tract healthy and helps cells to use other nutrients.

Breads and cereals also contain iron which combines with protein to make hemoglobin, the red substance in the blood that carries oxygen to the cells.

## Amounts Recommended

"The Food for Fitness, A Daily Food Guide" recommends a daily choice of four or more servings for a well-balanced diet. One serving is counted

as one slice of bread, 1 ounce ready-to-eat cereal, one-half to three-fourths cup of a cooked cereal, one slice cake, one or two cookies, one cornbread muffin and one biscuit.

## Which to Buy

The homemaker has many decisions to make in planning, buying and preparing food for her family. Many convenience foods are available to the food shopper. Convenience foods undergo some preparation ordinarily done in the home before they are retailed.

The numerous commercial mixes of breads, cakes, cookies, pastry, muffins and coffee cakes are examples of convenience foods in the bread and cereal group.

The homemaker decides whether to buy a mix or make the bread or cereal from a recipe. Her decision is based on the amount of time, energy and money available.

## Quick Bread Recipes

### STANDARD BAKING POWDER BISCUITS

2 cups flour	4 tablespoons shortening
1 teaspoon salt	$\frac{3}{4}$ cup milk
3 teaspoons baking powder	

Sift flour once, measure, add baking powder and salt, sift into mixing bowl. Cut in shortening until mixture looks like coarse meal, using a pastry blender or two knives. Add milk and stir with fork until soft dough is formed. Turn out on lightly floured canvas or bread board and knead lightly. Roll dough  $\frac{1}{2}$  inch thick. Cut and place on ungreased baking sheet. Bake at 475° F. 10 to 12 minutes. Makes 18 to 20 biscuits cut with  $1\frac{3}{4}$ -inch biscuit cutter.

### BISCUITS SUPREME

2 cups flour	2 teaspoons sugar
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup shortening
4 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon cream of tartar	

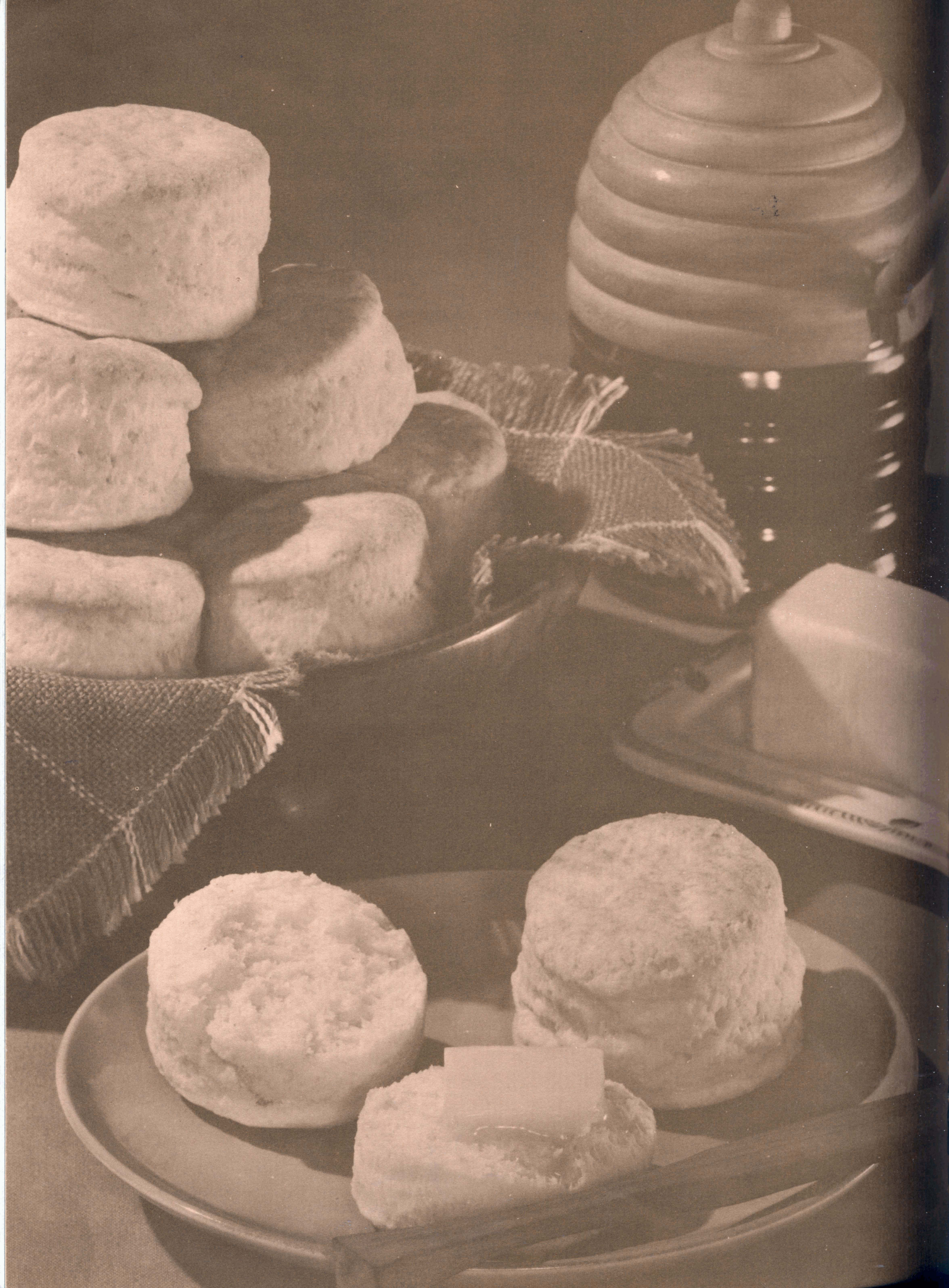
Follow the same method as for standard baking powder biscuits. Makes 18 biscuits.

### SOUR MILK BISCUITS

2 cups flour	4 tablespoons shortening
2 teaspoons baking powder	$\frac{3}{4}$ cup sour milk or buttermilk
$\frac{1}{2}$ teaspoon soda	
1 teaspoon salt	

Follow the same method as for standard baking powder biscuits. Makes 18 biscuits.







### Variations of Plain Biscuits

**DROP BISCUITS**—Increase milk to make a soft dough and stir about 18 light strokes. Do not knead. Drop by spoonfuls on greased baking sheet.

**CHEESE BISCUITS**—Add 1 cup grated cheese to sifted dry ingredients.

**NUT BISCUITS**—Add ½ cup chopped nuts to sifted, dry ingredients.

**ORANGE BISCUITS**—Add 2 tablespoons grated orange rind to dry ingredients. Mix ⅓ cup orange juice and ⅓ cup milk. Then add 2 teaspoons baking powder, ⅛ teaspoon soda and 1 tablespoon sugar.

### BREAD MUFFINS

2 cups flour	1 egg
3 teaspoons baking powder	1 cup milk
½ teaspoon salt	¼ cup melted shortening
2 tablespoons sugar	

Sift flour, measure into sifter. Add dry ingredients, sift into mixing bowl. Beat egg and add milk and melted shortening. Add to flour mixture, stir just enough to moisten flour. Fill greased muffin pans two-thirds full. Bake at 425° F. 20 minutes. Remove from pans immediately and serve hot. Makes 12 medium sized muffins.

### Variations of Bread Muffins

**FRUIT MUFFINS**—Add 1 cup chopped, dried prunes, apricots or raisins.

**WHOLE WHEAT MUFFINS**—Use 2 cups whole wheat flour instead of white flour.

**NUT MUFFINS**—Add ¾ cup coarsely chopped nuts to flour mixture.

**BREAKFAST MUFFINS**—Add ¾ cup diced cooked ham or bacon.

**OATMEAL MUFFINS**—Use 1 cup uncooked oats and 1 cup flour in place of 2 cups flour.

### BRAN MUFFINS

1 cup flour	½ cup molasses
¾ cup raisins	2 eggs, beaten
2 cups bran	1 cup milk
3 teaspoons baking powder	¼ cup melted shortening
¾ teaspoon salt	

Sift dry ingredients together. Add bran and raisins; mix well. Combine beaten eggs, milk, molasses and shortening. Add liquid to dry ingredients; stir just enough to moisten flour and bran. Fill greased muffin tins two-thirds full. Bake at 425° F. for 20 minutes. Makes 18 muffins.

### SWEET MILK HOT CAKES

2 eggs	2¼ cups flour
2 cups milk	3 teaspoons baking powder
4 tablespoons shortening, melted	1 teaspoon salt
	2 teaspoons sugar

Beat eggs in mixing bowl, add milk and shortening; mix. Measure and combine dry ingredients;

stir into egg mixture. Drop batter by spoonfuls onto a dry griddle or heavy skillet. As soon as hot cakes are brown on underside, puffed and full of bubbles, turn cake and cook on other side. Serve piping hot with butter or margarine and syrup. Makes about 20 hot cakes, depending on size.

### FAVORITE WAFFLES

3 eggs, separated	½ teaspoon salt
1½ cups buttermilk	½ cup shortening (part butter or margarine for flavor)
1 teaspoon soda	
1¾ cups flour	
2 teaspoons baking powder	

Beat egg yolks well. Add buttermilk and soda, sifted dry ingredients and melted shortening. Fold in stiffly beaten egg whites last. Makes 8 to 10 waffles.

NOTE: 2 cups sour cream may be used instead of milk and shortening.

### POPOVERS

2 eggs	½ teaspoon salt
1 cup milk	1 tablespoon melted fat
1 cup flour	

Beat eggs, add milk and continue beating until light and fluffy. Beat in the flour and salt. Pour into hot, greased baking cups (preferably glass, earthenware or iron because they hold the heat), until the cups are half full. Bake at 450° F. 30 minutes; reduce to 350° F. and bake 15 minutes longer. Makes 8 large or 12 small popovers.

### QUICK COFFEE CAKE WITH TOPPING

1½ cups flour	1 egg
½ cup sugar	¾ cup milk
2 teaspoons baking powder	3 tablespoons melted shortening
½ teaspoon salt	

Sift flour, sugar, baking powder and salt together. Beat egg, milk and melted shortening together. Stir liquid into dry ingredients, mixing only enough to moisten them. Pour into greased pan and add topping. Bake at 425° F. 25 minutes. Makes one 9" x 9" coffee cake.

### Topping

2 tablespoons butter or margarine	¼ cup flour
2 tablespoons sugar	¼ cup dry bread crumbs
	½ teaspoon cinnamon

Cream butter or margarine and sugar together. Add flour, crumbs and cinnamon. Mix to consistency of coarse crumbs and sprinkle over coffee cake batter before baking.

### Variation

**APPLE COFFEE CAKE**—Slice 2 to 3 medium apples. Cover coffee cake batter in 9-inch pan with apple slices, beginning by laying slices lengthwise around edge of pan. Continue arranging apple slices in circles until entire top of batter is covered. Brush with 2 tablespoons melted butter



or margarine and sprinkle with mixture of  $\frac{1}{4}$  cup sugar and  $\frac{1}{2}$  teaspoon cinnamon. Bake as directed.

## Other Quick Breads

### SHORTCAKE BISCUITS

2 cups flour	$\frac{1}{4}$ cup shortening
1 teaspoon salt	$\frac{3}{4}$ cup milk
3 teaspoons baking powder	1 egg
$\frac{1}{4}$ cup sugar	

Sift dry ingredients together. Cut in shortening until mixture looks like coarse corn meal. Break an egg into a measuring cup; beat lightly with a fork and finish filling the cup with milk to the  $\frac{3}{4}$  mark. Add milk and stir with fork until a soft dough is formed. Knead lightly.

Roll dough  $\frac{1}{2}$  inch thick; cut with a large biscuit cutter. Place on lightly greased baking sheet. Bake at 475° F. 10 to 12 minutes. While hot, split, butter and put together again until serving time. To serve, open, fill and top with sweetened fruit; then top with sweetened whipped cream. Garnish top with more fruit if desired.

### YORKSHIRE PUDDING

1 cup flour	2 eggs
$\frac{1}{2}$ teaspoon salt	1 cup milk

Sift flour and salt together. Add the eggs and milk and beat with rotary beater until smooth. Pour into hot shallow baking pan containing  $\frac{1}{4}$  cup hot beef drippings. Bake at 400° F. 25 to 30 minutes. Cut in squares and serve at once with hot roast beef. Makes 6 servings.

### SALLY LUNN

2 cups flour	2 egg yolks, well beaten
3 tablespoons sugar	2 egg whites, well beaten
3 teaspoons baking powder	$\frac{1}{2}$ cup milk
1 teaspoon salt	$\frac{1}{2}$ cup melted shortening

Sift dry ingredients. Combine beaten egg yolks and milk and add to flour mixture, stirring only until mixed. Add shortening; fold in stiffly beaten egg whites. Turn into greased 9-inch square pan. Bake at 350° F. 30 minutes. Bakes nine 3-inch squares.

### SCOTCH SCONES

2 cups flour	$\frac{1}{2}$ cup shortening
3 teaspoons baking powder	2 eggs, beaten
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ cup light cream
1 tablespoon sugar	

Sift dry ingredients together. Cut in 5 tablespoons shortening; beat eggs and cream together; stir into dry ingredients. Turn out on lightly floured pastry cloth or board. Roll into sheet  $\frac{1}{2}$  inch thick; cut in diamond-shaped pieces. Brush with remaining melted shortening and sprinkle with additional sugar. Makes 16 scones.

## Quick Breads Made with Corn Meal

### MEXICAN CORN BREAD

1 cup flour	$\frac{1}{2}$ cup soft butter or margarine
1 cup corn meal	$\frac{1}{4}$ cup finely diced green pepper
$\frac{1}{4}$ cup sugar, optional	2 tablespoons chopped pimiento
4 teaspoons baking powder	$\frac{1}{4}$ cup finely chopped onion
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{4}$ teaspoon chili powder	
2 eggs	
$\frac{1}{2}$ cup milk	

Sift together dry ingredients into large mixing bowl; stir in corn meal. Add eggs, milk, fat, green pepper, onion and pimiento; beat vigorously with electric or hand rotary beater, until ingredients are well mixed, about 1 minute. Turn into greased 8" x 8" x 2" pan and bake at 425° F. about 20 minutes. Delicious served with creamed chicken. Makes 6 servings.

### FRIED CORN STICKS

1 cup milk	2 cups corn meal
1 cup water	$\frac{1}{2}$ teaspoon salt
2 tablespoons sugar	1 egg, beaten
1 tablespoon butter or margarine	1 cup flour
	2 teaspoons baking powder

Add corn meal, sugar, fat and salt to boiling milk and water; stir until mixture leaves sides of pan. Mixture will be very stiff; cool. Add egg and flour sifted with baking powder. Knead until smooth. Roll into sticks. Fry in deep fat until a golden brown. Makes 24 8-inch sticks.

### CORN PONE

1 tablespoon shortening	1 cup corn meal
$\frac{3}{4}$ cup boiling water	1 teaspoon salt

Melt shortening in pan or heavy skillet in which pone is to be baked. Pour boiling water over corn meal and salt; add melted shortening. Stir to mix well. As soon as mixture is cool enough to handle, divide into four equal portions. Form each into a pone about  $\frac{3}{4}$ -inch thick by patting between hands. Bake at 450° F. 40 to 50 minutes until a golden brown crust forms. Makes 4 servings.

### SOUR MILK CORN BREAD (With Flour)

$\frac{1}{2}$ cup flour	1 teaspoon salt
2 cups corn meal	2 tablespoons fat
1 teaspoon baking powder	1 egg
$\frac{1}{2}$ teaspoon soda	2 cups sour milk

### SOUR MILK CORN BREAD (Without Flour)

2 cups corn meal	1 tablespoon sugar, optional
$\frac{1}{2}$ teaspoons baking powder	2 tablespoons fat
1 teaspoon salt	1 egg
$\frac{1}{2}$ teaspoon soda	$\frac{1}{2}$ cups sour milk

Sift together the corn meal, baking powder, soda, salt and sugar. Beat egg, add milk and combine with dry ingredients. Pour into hot



greased bread pans, muffin pans or corn stick pans. Bake at 400° F. 25 to 30 minutes or until golden brown. Serves 6.

#### SWEET MILK CORN BREAD

1 cup yellow corn meal	3 teaspoons baking powder
1 cup flour	1 egg
¼ cup sugar, optional	1 cup sweet milk
½ teaspoon salt	¼ cup shortening

Mix and bake as for sour milk corn bread.

#### SPOON CORN BREAD

1 cup corn meal	1 cup boiling water
3 tablespoons melted butter or margarine	1 teaspoon salt
1 cup milk	2 teaspoons baking powder
	2 well-beaten eggs

Mix corn meal, salt and shortening. Add boiling water, beating until smooth. Add milk, eggs and baking powder. Turn into a greased baking dish or pan and bake at 350° F. 45 minutes. Serve with spoon from baking dish. Serves 4 to 6.

#### HUSH PUPPIES

½ cup flour	1 small onion finely chopped, optional
3 teaspoons baking powder	1 egg, beaten
1 tablespoon sugar	¾ cup milk
½ teaspoon salt	
1½ cups corn meal	

Sift together dry ingredients. Add onion. Add beaten egg and milk to dry ingredients, stirring lightly. Drop a teaspoon of batter for each hush puppy into hot, deep fat 360° F. frying a few at a time. Fry until golden brown. Drain on absorbent paper. Makes 2 dozen hush puppies.

#### CORN BREAD RING

1 cup corn meal	4 teaspoons baking powder
1 cup flour	1 egg
¼ cup sugar	1 cup milk
½ teaspoon salt	¼ cup shortening
1 teaspoon poultry seasoning, optional	

Sift all dry ingredients together. Beat egg, add milk and melted shortening. Pour over dry ingredients. Mix well. Bake in a greased 8-inch ring mold at 425° F. 25 minutes or until golden brown. Turn out on round chop plate. Fill the center of the ring with creamed tuna, chicken, peas, carrots or a combination of these. Makes 8 servings.

### *Homemade Mixes*

The homemade master mix is cheaper than most of the commercial mixes. The master mix recipes will save time and energy.





## MASTER MIX RECIPES<sup>1</sup>

9 cups sifted all purpose flour	2 teaspoons cream of tartar
$\frac{1}{3}$ cup double acting baking powder	$\frac{1}{4}$ cup sugar
1 tablespoon salt	2 cups shortening which does not require refrigeration

Stir baking powder, salt, cream of tartar and sugar into flour. Sift together 3 times into a large mixing bowl. Cut in shortening with a pastry blender until the mix is the consistency of corn meal. Store in covered containers at room temperature. To measure the master mix, pile it lightly into cup and level off with a spatula.

### Recipes Using Master Mix

#### BISCUITS

3 cups master mix                       $\frac{2}{3}$  to 1 cup milk

Add milk to the mix all at once, stirring 25 strokes. Knead 15 to 18 times on lightly floured board. Roll  $\frac{1}{2}$  inch thick. Cut. Bake on baking sheet at 450° F. 10 to 12 minutes. Makes 18 2-inch biscuits.

#### MUFFINS

3 cups master mix                      1 cup milk  
2 tablespoons sugar                  1 egg

Add sugar to the mix. Combine milk and beaten egg. Add to the mix. Stir until flour is just moistened (about 15 strokes). Bake in greased muffin pans at 425° F. about 20 minutes. Makes 12 medium sized muffins.

#### CORN BREAD

1 $\frac{1}{2}$  cups master mix                  2 tablespoons sugar  
 $\frac{3}{4}$  cup corn meal                       $\frac{3}{4}$  cup sweet milk  
 $\frac{1}{2}$  teaspoon salt                      1 egg

Stir corn meal, salt and sugar into the mix. Combine milk and beaten egg. Add to the mix, stirring until blended. Bake in greased pan at 425° F. about 30 minutes. Makes 10" x 10" pan of corn bread.

#### HOT CAKES OR WAFFLES

3 cups mix                                  1 egg, beaten  
1 $\frac{1}{2}$  cups milk

Stir the combined milk and beaten egg into the mix until well blended. Bake on hot griddle or in waffle iron. Makes 18 griddle cakes or 6 waffles.

#### NUT BREAD

3 cups mix                                  1 cup milk  
 $\frac{1}{2}$  cup sugar                              1 egg  
 $\frac{1}{2}$  cup chopped nuts

Stir sugar and chopped nuts into the mix. Combine milk and beaten egg. Add to the mix, stirring until well blended. Pour into 5" x 8" loaf pan. Bake at 350° F. 1 hour.

<sup>1</sup>Reference — Agricultural Extension Service, Purdue University, Lafayette, Indiana.



### Recipes Using Corn Meal Mix

#### CORN MEAL MIX

16 cups corn meal<sup>2</sup>                      8 teaspoons salt  
1 $\frac{1}{2}$  cups non-fat dry milk              2 cups fat (hydrogenated or lard)  
7 tablespoons baking powder

Stir dry milk solids, baking powder and salt into the corn meal. Sift all dry ingredients together three times into a large mixing bowl, or onto a large square of brown paper. Cut in fat until very fine. Store in covered container. Use as desired for making corn meal products.

#### CORN MEAL MUFFINS

1 egg, well beaten                      1 $\frac{2}{3}$  cups corn meal mix  
1 cup milk or water

Add egg to milk or water; mix well. Add liquid mixture to corn meal mix and stir until well blended. Fill well-greased muffin tins two-thirds full with batter. Bake at 425° F. about 30 minutes or until golden brown.

<sup>2</sup>Flour may be substituted for a small portion of the corn meal — 3 cups of flour for 3 of meal.





### Variations of Corn Meal Muffins

Add 1/2 cup crisp chopped bacon, peanuts or cracklings to the mix before adding liquid.

**CHEESE CORN MEAL MUFFINS:** Add 1/2 cup grated sharp cheese to batter. Pour into greased muffin tins; sprinkle with 1/2 cup more of cheese.

**ORANGE CORN MEAL MUFFINS:** Add grated rind of one orange to batter. Pour into greased muffin tins; bake. Spread immediately with frosting made by combining 1/2 cup powdered sugar, 1 teaspoon butter and 1 tablespoon orange juice.

**CARAWAY MUFFINS:** Add 1 teaspoon caraway seed and 1 teaspoon minced onion to batter.

### JALAPENA CORN BREAD

3 cups corn bread mix	1 small can cream style corn
2 1/2 cups sweet milk	1/2 cup, 6 ounces, or
1/2 cup salad oil	according to taste,
3 eggs, beaten	jalapena peppers,
1 large onion, grated	chopped fine
3 tablespoons sugar	1 1/2 cups (3/4 lb.) American
Chipped crisp bacon and/or	cheese, grated
chopped pimiento,	
optional	

Mix ingredients in order as given in recipe. Bake in three well greased 8" x 8" pans at 400° F. 25 to 30 minutes or until golden brown. Serves 12.

## Quick Loaf Breads

### WHITE NUT LOAF

3 cups flour	1 egg
4 teaspoons baking powder	1 1/2 cups milk
1 teaspoon salt	2 tablespoons melted
3/4 cup sugar	shortening
3/4 cup chopped nuts	

Sift dry ingredients. Add nuts. Stir in well-beaten egg mixed with milk. Stir in shortening. Pour into greased loaf pan 8" x 4". Let stand 20 minutes before baking. Bake at 350° F. 60 minutes.

### IRISH SODA BREAD

4 cups flour	1/4 cup butter or margarine
1/4 cup sugar	2 cups raisins
1 teaspoon salt	1 1/3 cups buttermilk
1 teaspoon baking powder	1 egg
2 tablespoons caraway seed	1 teaspoon soda

Sift dry ingredients together. Stir in caraway seeds. Cut in fat until mixture resembles coarse corn meal. Stir in raisins. Combine buttermilk, soda and egg. Add buttermilk mixture to flour and stir until just moistened. Knead dough lightly until smooth. Shape into a ball. Place in a greased 2-quart casserole. Make a 4-inch cross 1/4-inch deep in top of loaf. Brush with beaten egg yolk or cream. Bake at 375° F. 1 hour. Cool before slicing. Makes 1 loaf.

### CARAWAY CHEESE BREAD

2 cups flour	1 cup evaporated milk or
1/2 teaspoon soda	light cream
3/4 teaspoon salt	1 tablespoon vinegar
2 teaspoons baking powder	1 egg, slightly beaten
1/4 pound cheddar cheese,	1 tablespoon melted butter
grated	of margarine
1 tablespoon caraway seed	

Sift dry ingredients together. Add caraway seed and cheese; mix well. Combine milk and vinegar with beaten egg, then add to flour mixture, add melted fat. Stir only until dry ingredients are moistened. Batter will be stiff and fairly lumpy. Pour into greased 9" x 5" x 3" loaf pan. Bake at 350° F. about 50 minutes. Makes 1 small loaf.

### BANANA NUT BREAD

1/3 cup fat	1 teaspoon baking powder
3/4 cup sugar	1/4 teaspoon soda
1 egg	1/4 teaspoon salt
2/3 cup mashed bananas	1/3 cup sweet milk
2 cups flour	1/2 cup nuts

Cream shortening and sugar. Add beaten egg, mashed bananas and milk; then add sifted dry ingredients and nuts alternately. Bake in greased loaf pan 8" x 4" at 350° F. 1 hour.



### PRUNE BREAD

¼ cup shortening	3 teaspoons baking powder
½ cup sugar	½ teaspoon salt
1 egg	¾ cup liquid (prune juice and milk)
1 cup prunes, cooked and drained	2 teaspoons grated lemon rind
2 cups flour	
½ cup nuts	

Cream shortening and sugar together. Blend in beaten eggs and fruit. Stir in dry ingredients alternately with liquid. Add nuts. Pour batter into greased 8" x 4" loaf pan. Bake at 350° F. 55 to 60 minutes.

### BANANA CORN MEAL LOAF

1 cup corn meal	⅔ cup sugar
1 cup flour	½ cup melted shortening
3 teaspoons baking powder	1 cup mashed ripe bananas
1 teaspoon salt	1 cup chopped nuts
2 eggs	

Sift dry ingredients. Beat eggs well; add mashed bananas and melted shortening. Add dry mixture. Stir until well blended. Add chopped nuts. Stir lightly. Grease bottom only of a loaf pan. Sprinkle bottom of pan lightly with corn meal. Pour batter into pan. Bake at 350° F. 60 to 70 minutes or until bread is done. Let bread partially cool in pan 20 to 30 minutes before turning out on rack. Cool thoroughly before slicing or wrapping for storage.

### RAISIN OATMEAL BREAD

1½ cups flour	1 egg, well beaten
2 teaspoons baking powder	2 tablespoons melted shortening
½ teaspoon soda	¼ cup orange juice
½ cup brown sugar	¾ cup water
1 teaspoon cinnamon	1 cup raisins
1 teaspoon salt	1 cup chopped nuts
1 cup quick rolled oats	

Sift dry ingredients together. Stir in rolled oats, egg and shortening. Add orange juice and water, raisins and nuts. Stir only enough to moisten dry ingredients. Pour into a greased 4" x 8" loaf pan. Bake at 350° F. 1 hour.

### APRICOT BREAD

⅔ cup sugar	2 cups flour
½ cup soft shortening	1 teaspoon baking powder
2 eggs	½ teaspoon soda
3 tablespoons sour milk or buttermilk	½ teaspoon salt
1 cup cooked apricots	1 cup chopped nuts

Blend sugar and shortening until light and fluffy. Add eggs and beat well. Stir in the milk and apricots. Sift dry ingredients together and add to sugar and egg mixture. Add nuts. Stir only enough to moisten dry ingredients. Pour into well-greased 9" x 5" x 3" loaf pan. Let stand 20 minutes. Bake at 350° F. 60 minutes.





### ORANGE NUT BREAD

2 cups flour	1 cup milk
½ cup sugar	¼ cup orange juice
1 teaspoon salt	2 tablespoons grated orange rind
2 teaspoons baking powder	½ cup chopped nuts
5 tablespoons fat	
2 eggs	

Sift dry ingredients together in a mixing bowl. Cut in the fat. Add the nuts and orange rind. Beat the eggs; add the milk and orange juice and combine with the dry ingredients, stirring until well mixed, but leaving the mixture rather lumpy. Pour into a greased loaf pan and bake at 350° F. 50 to 60 minutes.

### PEANUT BUTTER BREAD

2 cups flour	¾ cup peanut butter
½ cup sugar	1 egg, well beaten
2 teaspoons baking powder	1 cup milk
1 teaspoon salt	

Sift dry ingredients together. Cut in the peanut butter. Add eggs and milk and stir just enough to moisten all the dry ingredients. Bake in a greased loaf pan at 350° F. 1 hour or in seven 6-ounce frozen fruit juice cans 375° F. 30 minutes.

### LEMON POPPY SEED BREAD

1 cup milk	2 tablespoons grated lemon rind
1 tablespoon poppy seeds	1 egg, beaten
2 cups flour	¼ cup melted shortening or oil
½ cup sugar	
1 tablespoon baking powder	
1 teaspoon salt	

Combine milk and poppy seeds. Sift together flour, sugar, baking powder and salt. Stir in lemon rind. Stir egg and melted shortening into milk mixture. Add to flour mixture, stirring only until dry ingredients are moistened. Turn into greased 4½" x 8½" loaf pan. Bake at 350° F. about 1 hour and 10 minutes, or until bread shrinks away from sides of pan. Cool for 5 minutes before removing from pan. Makes 1 loaf.

## Steamed Quick Breads

### STEAMED BOSTON BROWN BREAD

2 cups whole wheat flour	1 cup raisins
1 cup corn meal	2 cups buttermilk
1½ teaspoons soda	¾ cup dark molasses
1½ teaspoons salt	

Sift together the meal, soda, and salt; add to whole wheat flour and raisins and mix well. Mix the buttermilk and molasses. Add to dry ingredients. Stir only enough to wet the dry ingredients. Fill greased cans to 1 inch of top. Cover the cans with waxed paper or aluminum foil. Steam 2 hours. The water in the container should be at least halfway up the sides of the cans.



### STEAMED PEANUT BUTTER DATE BREAD

¾ cup peanut butter	3 teaspoons baking powder
¼ cup sugar	1 teaspoon salt
1 egg	1¼ cups milk
2 cups flour	½ cup chopped dates

Cream together peanut butter and sugar and add egg. Mix well. Sift dry ingredients together and add to the creamed mixture alternately with the milk. Fold in the dates. Fill greased cans ⅔ full, cover tightly and steam for 2½ hours. Serve hot or cold.

## Canned Quick Breads

Any of the quick loaf breads may be canned by the following directions: Grease number two plain tin cans. Fill with batter to ¾ inch from the top. Seal the first roll on the can. Place the cans on a rack in pressure cooker and add water to about halfway up sides of cans. Steam 1 hour and 15 minutes in pressure cooker. Tighten two lugs on the pressure cooker and leave the petcock open during the entire steaming process. It may be necessary to check amount of water in cooker when about half through steaming period. If necessary, add more boiling water to cooker. Complete seal on the cans and process at 10 pounds pressure 30 minutes.

## Using Prepared Breads

### CHERRY KOLACHES

1 package 12 brown-and-serve rolls	1 cup powdered sugar
1 cup cherry jam or preserves	2 tablespoons milk

Scoop out hole in top of each roll. Fill hole with jam or preserves. Place rolls on ungreased





baking sheet. Bake at 350° F. 15 minutes. Blend powdered sugar and milk. Spread over hot rolls. Makes 12 kolaches.

#### FRUIT WHIRLS

- |                                    |                                   |
|------------------------------------|-----------------------------------|
| 1 package 12 brown-and-serve rolls | 3 tablespoons butter or margarine |
| 1 cup jam or preserves             | ½ cup chopped nuts                |
|                                    | Juice of 1 lemon                  |

Place 1 tablespoon jam or preserves in greased muffin tins. Place 2 teaspoons nuts on top of jam or preserves. Add a few drops of lemon juice. Place a roll in each muffin tin. Bake at 375° F. 15 to 20 minutes. Makes 12 whirls.

#### PUFF BALL COFFEE CAKE

- |                                  |                     |
|----------------------------------|---------------------|
| 2 packages canned biscuits       | ½ cup sugar         |
| ⅓ cup melted butter or margarine | ½ teaspoon cinnamon |
|                                  | ½ cup chopped nuts  |

Shape biscuits into balls. Dip each in melted butter or margarine, then in sugar, cinnamon and nuts which have been mixed together. Arrange balls in 2 layers in a greased ring mold. Bake at 375° F. 25 minutes. Makes 8 servings.

#### CRUSTY BREAD STICKS

- |                           |   |
|---------------------------|---|
| 1 package canned biscuits | ½ cup grated Parmesan cheese or ¼ cup poppy or caraway seed |
| ⅓ cup milk                |   |

Separate biscuits and cut each biscuit in half. Roll each half between hands until 5 inches long. Brush with milk and roll in cheese or poppy or caraway seed. Place on greased cookie sheet. Bake at 450° F. 8 to 10 minutes or until golden brown. Makes 20 sticks.

#### DELUXE FRENCH TOAST

- |                                  |                                 |
|----------------------------------|---------------------------------|
| ¼ cup butter or margarine        | 1 cup milk                      |
| 1 cup brown sugar, firmly packed | 2 tablespoons melted shortening |
| 12 slices day-old bread          | ½ teaspoon vanilla              |
| 2 eggs, beaten                   |                                 |

Combine butter and brown sugar. Spread 6 slices of bread with this mixture. Cover with remaining slices sandwich fashion. Combine the eggs, milk, melted shortening and vanilla. Dip each sandwich into egg-milk dip until well covered. Broil until golden brown on each side, or bake in a waffle baker. Makes 6 servings.

### *Recipes Using Grits*

#### BOILED GRITS

- |                     |              |
|---------------------|--------------|
| 1 cup regular grits | 3 cups water |
| 1 teaspoon salt     |              |

Place grits and salt in stew pan. Add water and blend well. Cook over direct heat, stirring



constantly until the mixture has boiled 5 minutes. Then place the pan on a preheated asbestos mat and boil slowly for 25 minutes. Stir often enough to prevent sticking. Serve hot with cream and sugar for breakfast. Serve hot, seasoned with butter, margarine or gravy, in place of rice or potatoes, or pour into mold and cool. Serves 4 to 6.

### QUICK GRITS

Follow directions on package of quick cooking grits.

### FRIED GRITS

Remove the cooled grits from pan or mold. Cut into slices of uniform thickness,  $\frac{1}{2}$  to  $\frac{3}{4}$  inch. Roll in flour. Heat  $\frac{1}{2}$  to 1 tablespoon fat in skillet. Brown slices on both sides. Serve hot.

### GRITS MUFFINS

1 cup cold cooked grits	2 teaspoons baking powder
1 cup milk	$\frac{1}{2}$ teaspoon salt
1 egg	1 tablespoon melted fat
$\frac{1}{4}$ cups corn meal	

Beat the milk and egg into the grits; add the melted fat and dry ingredients. Mix well and bake in well-greased muffin pans at 375° F. 25 to 30 minutes. Makes 12 muffins.

### CHEESE-GRITS CASSEROLE

6 cups water	1 teaspoon salt
$\frac{1}{2}$ cups quick cooking grits	1 teaspoon Tabasco sauce
$\frac{1}{2}$ cup butter or margarine	Pepper to taste
3 eggs, beaten	1 pound American cheese,
2 teaspoons seasoned salt	grated

Bring water to boil. Stir in grits. Cook 2 minutes; grits will be thin. Add butter or margarine, beaten eggs, seasoned salt, salt, Tabasco sauce and pepper to taste. Combine mixture with grated cheese. Pour into shallow baking dish and bake at 300° F. 45 minutes. Serves 8 to 10.

## Recipes Using Rolled Oats Mix

### ROLLED OATS MIX

4 cups flour	$\frac{1}{4}$ cup baking powder
4 cups rolled oats, quick cooking*	1 tablespoon salt
$\frac{1}{2}$ cups nonfat dry milk	$\frac{1}{2}$ cups shortening

Stir dry ingredients together until well mixed. Cut in fat until well blended. Place in a glass jar or tin can. Keep tightly closed in a cool place. Use the mix within a month. Makes about 10 cups.

### OATMEAL BISCUITS (Using Rolled Oats Mix)

2 cups rolled oats mix	About $\frac{1}{2}$ cup water
------------------------	-------------------------------

Add enough water to the dry mix to make a soft dough. Turn out on a lightly floured board

\*Rolled wheat, quick cooking, may be used.

and knead a few times. Pat or roll to the desired thickness and cut with a floured cutter. Bake at 425° F. 12 minutes. Makes 12 medium-sized biscuits.

### OATMEAL MUFFINS (Using Rolled Oats Mix)

$2\frac{1}{4}$ cups rolled oats mix	tablespoons water)
1 egg, beaten (or $2\frac{1}{2}$ tablespoons sifted dried egg mixed with $2\frac{1}{2}$	$\frac{2}{3}$ cup water
	$\frac{1}{4}$ cup raisins, if desired

Combine all ingredients and stir just enough to moisten dry ingredients. Fill greased muffin pans two-thirds full. Bake at 425° F. about 20 minutes. Makes 12 muffins.

### OATMEAL COOKIES (Using Rolled Oats Mix)

$2\frac{1}{2}$ cups rolled oats mix	spoons water)
1 teaspoon cinnamon	$\frac{1}{4}$ cup water
1 egg, beaten (or $2\frac{1}{2}$ table- spoons sifted dried egg mixed with $2\frac{1}{2}$ table-	1 teaspoon vanilla
	$\frac{3}{4}$ cup sugar
	$\frac{1}{3}$ cup raisins

Combine all ingredients and stir just enough to moisten dry ingredients. Drop the dough by teaspoonfuls on a greased baking sheet. Bake at 375° F. 12 to 15 minutes. Makes 24 cookies.

## Other Oatmeal Recipes

### OATMEAL HURRYUPS

$\frac{1}{4}$ cups flour	$\frac{1}{2}$ teaspoon salt
3 teaspoons baking powder	$\frac{1}{2}$ cups oatmeal
3 tablespoons shortening	1 cup milk

Sift flour, salt and baking powder together. Add oatmeal and melted shortening. Add milk and stir only enough to moisten dry ingredients. Drop by teaspoonfuls on a well-greased baking sheet. Bake at 450° F. 15 minutes. Makes 1 $\frac{1}{2}$  dozen.

### SCOTCH OATCAKES

1 cup flour	2 cups rolled oats, regular or quick cooking
1 tablespoon sugar	$\frac{1}{2}$ cup butter or margarine
1 teaspoon baking powder	$\frac{1}{2}$ cup milk
$\frac{1}{2}$ teaspoon salt	

Sift dry ingredients. Mix in oats. Cut in fat thoroughly. Stir in milk gradually until a soft dough is formed. Divide into six sections. Roll each piece into a 4-inch circle. Cut each circle into 4 triangles; place on greased baking sheet. Bake at 375° F. 12 to 15 minutes. Yield: 24 cakes.

### OATEN BREAD

2 cups flour	1 cup rolled oats
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ cups buttermilk
$2\frac{1}{2}$ teaspoons baking powder	2 tablespoons melted fat
$\frac{1}{2}$ teaspoon soda	1 cup diced, cooked prunes
1 teaspoon salt	$\frac{1}{2}$ cup chopped nuts



Sift dry ingredients, add oats and blend well. Combine milk and melted fat. Add to flour mixture with prunes and nuts. Stir just enough to moisten dry ingredients. Place into a well-greased loaf pan 9" x 5" x 3". Place extra halves of prunes and whole nuts on top. Bake at 375° F. 1 hour. Cool thoroughly before slicing.

#### BUTTERSCOTCH OAT CRISPS

1½ cups flour	½ cup shortening
½ teaspoon salt	1 cup brown sugar
1½ cups uncooked rolled oats, quick or regular	1 egg
½ cup butter or margarine	2 teaspoons vanilla

Sift together flour and salt; stir in oats. Cream butter or margarine and fat; add sugar and cream well. Add egg and vanilla; beat until fluffy. Add dry ingredients; blend well. Shape into 2 rolls, 9 inches long. Wrap in waxed paper and chill in refrigerator. Slice ¼ inch thick. Place on ungreased baking sheet. Bake at 350° F. 10 to 12 minutes. Yield: 4½ dozen cookies.

## Rice

Rice is a nutritious and economical food supplying food energy. White rice is a quality food low in protein. It is bland in flavor and is non-allergenic. Most rice sold in Texas is enriched with B-vitamins and iron; however, read package labels before making selection.

#### Types of Rice

Rice is short, medium or long grain. It is important to identify the variety of rice because of the difference in cooking characteristics.

*Short and medium grain* varieties have short, plump grains which cook tender and moist and cling together. It is good to use for croquettes, puddings or rice rings.

*Long grain varieties* are four to five times as long as the grain is wide. When cooked, the grains separate and are lighter and fluffier than short or medium grain rices. It is used in salads, stews and meat dishes.





### Kinds of Rice

*Regular milled white rice* is short, medium or long grain. One cup uncooked rice yields 3 cups cooked rice.

*Converted or parboiled rice* is parboiled before milling. This aids in the retention of much of the natural vitamin and mineral content. Parboiled rice takes longer to cook than regular rice and requires one part rice to two and one-half parts water. One cup parboiled rice will yield 4 cups cooked rice.

*Instant or pre-cooked rice* requires minimum preparation time. One cup pre-cooked rice yields 2 cups of cooked rice.

*Brown rice* is whole unpolished grain with only the outer hull and a small amount of the bran coat removed. One cup of uncooked brown rice yields 3 cups of cooked rice.

### Tips on Reheating, Refrigeration and Freezing Rice

**Reheating.** For each cup of cooked rice, add 2 tablespoons liquid in a covered saucepan; simmer 4 to 5 minutes.

**Refrigeration.** Rice may be refrigerated for a week. Store in covered container.

**Freezing.** Cooked rice has excellent freezing qualities. Pack firmly into freezer container and seal. Keeps in freezer 6 to 8 months.

### Rice Recipes

#### COOKED RICE (1-2-1 Fluff Method)

2 cups water                      1 cup rice  
1 teaspoon salt

Put water and salt in 3 quart saucepan and cover tightly. Bring to boil. Add rice and let water return to boiling. Put on lid, reduce heat to simmer, and leave without stirring or raising the lid for 14 minutes. For *drier rice*: Remove lid and let rice steam dry to desired consistency over low heat. For *extra tender rice*: Start with  $\frac{1}{3}$  cup more water and increase cooking time 4 to 5 minutes.

#### RICE PAN CAKES

2 cups flour                      5 tablespoons melted  
2 teaspoons baking powder      shortening  
1 teaspoon salt                      2 cups milk  
2 tablespoons sugar                 $1\frac{1}{2}$  cups cold, cooked rice  
4 eggs, separated

Sift together dry ingredients. Beat egg whites and yolks separately. Combine egg yolks, melted



shortening and milk. Add to dry ingredients. Mix well. Stir in rice. Fold in stiffly beaten egg whites. Bake on hot griddle. Yield: Six 4-inch pan cakes.

#### RICE MUFFINS

1 cup flour                      1 egg  
2 tablespoons sugar               $\frac{1}{4}$  cup milk  
1 tablespoon baking powder     $1\frac{1}{2}$  tablespoons melted fat  
 $\frac{1}{4}$  teaspoon salt                       $\frac{3}{8}$  cup cooked rice

Sift dry ingredients together. Beat egg and combine with milk, shortening and rice. Add milk to dry mixture and mix well. Fill greased muffin pans two-thirds full. Bake at 375° F. 30 minutes. Makes 6 servings.

#### SOUTHERN RICE SPOON BREAD

1 cup boiling water                1 tablespoon butter or  
3 tablespoons cornmeal            margarine  
 $\frac{1}{4}$  cup flour                          2 eggs, separated  
1 teaspoon salt                      2 teaspoons baking powder  
1 tablespoon sugar                1 cup milk  
1 cup cooked rice

Mix corn meal and water, add flour, salt and sugar. Cook in double boiler until thick. Stir in rice and butter or margarine. Add beaten egg yolks, baking powder and milk. Lastly, fold in stiffly beaten egg whites. Pour into 2-quart greased baking dish, place in pan containing 1 inch of hot water. Bake at 350° F. 40 minutes, or until a knife inserted in center comes out clean. Remove the pan of water for last 15 minutes of baking. Serve from the baking dish. Serves 4 to 6.

*Suggestions for using rice:*

- As a cereal — serve hot with cream or milk and sugar.



- In soups — add uncooked rice to homemade soups during cooking.
- As a vegetable — serve with gravy, butter or sauces, or cook rice in stock or bouillon or tomato juice instead of water.
- As a bed or ring — use in creamed or curried dishes.
- For stuffings — use with turkey, chicken, game, pork chops.
- In croquettes, patties, loaves — use leftover rice as a filler.
- In casseroles — use any favorite meat, cheese, vegetable and sauce.
- In desserts — use in custards and puddings.

*Photographs in this publication are courtesy of the Wheat Flour Institute, Chicago, Illinois; Rice Council, Houston, Texas; American Corn Millers' Federation, Chicago, Illinois; and Cereal Institute, Inc., Chicago, Illinois.*